

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® <i>Rene Wiley</i>	6:00-7:00 PR * Precision Run + Strength <i>Matthew Modleski</i>	6:15-7:15 PR * Precision Run® <i>Ian Culbertson</i>	6:00-7:00 PR * Precision Run + Strength <i>Ross Neumann</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	8:00-8:45 MS * Body Sculpt <i>Frances Flores</i>	8:15-9:15 PR * Precision Run + Strength <i>Ross Neumann</i>
6:30-7:20 MS * Stronger <i>Bibi Mama</i>	6:45-7:35 CS * Beats Ride <i>Skip Jennings</i>	6:30-7:15 MS * Stacked <i>Nikki Elliott</i>	6:45-7:35 CS * Beats Ride <i>G. G. Aizcorbe</i>	6:30-7:20 MS * Athletic Conditioning <i>Marzena Janasik</i>	8:15-9:15 PR * Precision Run + Strength <i>Matthew Modleski</i>	8:30-9:30 YS * Power Vinyasa (HEATED) <i>Ava Moreno</i>
7:00-7:50 YS * Pilates Fusion (HEATED) <i>Monica Diederich</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Sarah Carr</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Sarah Carr</i>	6:45-7:30 YS * Barefoot Sculpt <i>Tessa Southwell</i>	7:00-7:50 YS * Pilates Rise <i>Brenna Dwyer</i>	8:30-9:15 YS * Barre <i>Savannah Solley</i>	9:00-9:45 MS * Best Butt Ever <i>Lindsay B. Davis</i>
7:30-8:30 PR * Precision Run® <i>Rene Wiley</i>	7:00-7:50 MS * Best Butt Ever <i>Brenna Dwyer</i>	7:30-8:30 PR * Precision Run® <i>Alexis Harrell</i>	7:00-7:50 MS * Whipped! <i>Matthew Modleski</i>	7:30-8:20 PR * Precision Walk: Elevate <i>Casey Sines</i>	9:00-9:45 MS * MetCon3 <i>Tracy Washburn</i>	9:45-10:45 PR * Precision Run® <i>Ross Neumann</i>
8:00-8:45 MS * MetCon Monday <i>Marzena Janasik</i>	7:15-8:15 PR * Precision Run® <i>Matthew Modleski</i>	8:00-8:45 MS * Stronger <i>Caitlyn Moyer</i>	7:15-8:15 PR * Precision Run® <i>Rene Wiley</i>	8:00-8:50 MS * Body Sculpt <b>Sarah Kusch</b>	9:30-10:20 YS * Pilates Fusion (HEATED) <i>Savannah Solley</i>	9:45-10:30 YS * Trilogy Barre <i>Ava Moreno</i>
8:15-9:00 YS * Barre <b>Jenna Solkow</b>	8:00-9:00 YS * Vinyasa Yoga <i>Skip Jennings</i>	8:15-9:00 YS * Pilates Mat <i>Ian Cahir</i>	8:00-8:45 YS * Pilates Fusion <i>Monica Diederich</i>	8:15-9:00 YS * True Barre <i>Kari McKillip</i>	9:45-10:45 PR * Precision Run® <i>Rene Wiley</i>	10:00-10:50 MS * Beats + Bands Ride <i>Tracy Washburn</i>
9:15-10:15 YS * Vinyasa Yoga <i>Maeve McCaffrey</i>	9:00-9:45 MS * Cardio Sculpt <i>Tracy Washburn</i>	9:15-10:00 YS * Athletic Stretch <i>Caitlyn Moyer</i>	9:00-9:45 MS * Athletic Conditioning <i>Steven Maresca</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	10:00-10:50 MS * Stronger <i>Matthew Modleski</i>	10:00-10:45 MS * Cardio Dance <i>Dane Sorensen</i>
9:30-10:20 MS * Stronger <i>Matthew Modleski</i>	9:30-10:15 YS * Trilogy Barre <i>Nicholas Duran</i>	9:30-10:20 MS * Body Sculpt <i>Sydney Belina</i>	10:30-11:30 YS * Power Vinyasa (HEATED) <i>Austin Hollingshead</i>	9:30-10:20 MS * Rhythmic Sculpt <b>Kari McKillip</b>	10:15-11:05 CS * Anthem Ride <i>G. G. Aizcorbe</i>	10:45-11:45 YS * Vinyasa Yoga (HEATED) <i>Dan Ward</i>
12:00-1:00 YS * Vinyasa Yoga <i>Kat Colla</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Steve Jones</i>	10:30-11:30 YS * Vinyasa Yoga <i>Alex Scolari</i>	12:00-12:50 MS * Body Sculpt <i>Sarah Kusch</i>	10:30-11:20 YS * Pilates Fusion (HEATED) <b>Sarah Kusch</b>	10:45-12:00 YS * Vinyasa Yoga (HEATED) <i>Philip Anderson</i>	11:00-11:50 MS * Stronger <i>Tracy Washburn</i>
12:30-1:30 PR * Precision Run® <i>Matthew Modleski</i>	12:00-12:50 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>	12:00-12:50 YS * Trilogy Barre <i>Nicholas Duran</i>	12:30-1:30 PR * Precision Run® <b>Ross Neumann</b>	12:00-1:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	11:15-12:05 MS * Anthem Ride <i>G. G. Aizcorbe</i>	12:00-12:50 YS * Barre <i>Sarah Kusch</i>
4:00-4:45 YS * Trilogy Barre <i>Lindsey Hutterer</i>	12:30-1:20 PR * Precision Walk: Elevate <i>Matthew Modleski</i>	12:30-1:30 PR * Precision Run® <i>Julie DelaBarre</i>	4:00-4:50 MS * Stronger <i>Piper Natoli</i>	12:30-1:15 MS * Stronger <i>Jeff McMullen</i>	11:30-12:30 PR * Precision Run® <i>Rene Wiley</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
5:00-5:45 MS * BootKAMP <i>Kupah James</i>	4:00-4:30 MS * Upper Body Pump <i>Valeriya Rimer</i>	4:00-4:30 MS * Athletic Stretch <i>Matthew Modleski</i>	4:00-5:00 YS * Sculpted Yoga™ <i>Sydney Burger</i>	1:15-1:30 MS * Best Abs Ever <i>Jeff McMullen</i>	12:15-1:00 YS * Barre (HEATED) <i>Kristina DelGrosso</i>	
5:15-6:15 PR * Precision Run® <i>Lindsey Hutterer</i>	4:30-4:50 MS * Best Abs Ever <i>Valeriya Rimer</i>	4:30-5:15 YS * Barre <i>Ashleigh Smith</i>	5:00-5:45 MS * The Cut <i>Celina Vitocruz</i>	4:00-5:00 YS * Vinyasa Yoga <i>Laila Arzouni</i>	4:00-4:45 YS * Pilates Mat <i>Kat Colla</i>	
5:30-6:15 CS * Beats Ride <i>Andre Aultman</i>	4:45-5:30 YS * Barre Beyond <i>Olivia Atwood</i>	5:00-5:50 MS * Circuit Training <i>Matthew Modleski</i>	5:00-6:00 PR * Precision Run® <i>Ian Culbertson</i>	5:15-6:15 PR * Precision Run + Strength <i>Ross Neumann</i>		
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	5:00-5:45 MS * Pilates Fusion <i>Jenna Solkow</i>	5:30-6:15 CS * Beats Ride <i>Ashleigh Smith</i>	5:30-6:15 PR * Precision Ride <i>Christina Davis</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>		
6:00-6:45 MS * Stacked <i>Drea Marchesi</i>	5:00-6:00 PR * Precision Run + Strength <i>Jennifer Padilla</i>	5:45-6:45 YS * Vinyasa Yoga (HEATED) <i>Lindsey Valdez</i>	5:30-6:15 YS * Pilates Mat <i>Ian Cahir</i>	6:30-7:20 YS * Sonic Meditation <i>Xavianca Horne</i>		
6:30-7:30 PR * Precision Run + Strength <i>Ashleigh Smith</i>	5:30-6:15 CS * Beats Ride <i>Jared Sklar</i>	6:00-6:30 MS * Best Butt Ever <i>Drea Marchesi</i>	6:00-6:45 MS * Rhythmic Sculpt <i>Jenna Solkow</i>			
7:00-7:45 MS * MetCon Monday <i>Valentine Baker</i>	6:00-6:50 MS * MetCon3 <i>Ian Culbertson</i>	6:30-6:50 MS * Best Abs Ever <i>Drea Marchesi</i>	6:15-7:15 PR * Precision Walk: Elevate <i>Ian Culbertson</i>			
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</i>	6:00-6:55 YS * Gentle Yoga <i>Heather D.</i>	6:30-7:30 PR * Precision Run® <i>Ashleigh Smith</i>	6:30-7:30 YS * Vinyasa Yoga <i>Dylan Drew</i>			
	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:00-7:45 MS * Athletic Conditioning <i>Ty Mauro</i>	7:00-8:00 MS * Rounds: Boxing <i>Cody Stoute</i>			
	7:00-7:45 YS * Sound Meditation <i>Heather D.</i>	7:00-7:45 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>				
	7:15-8:00 MS * Best Stretch Ever <i>Jeff McMullen</i>					

# EQUINOX

## SANTA MONICA

201 Santa Monica Boulevard  
SANTA MONICA CA 90401  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

matthew.modleski@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**PR** PR Lab

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run@** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Power Vinyasa (HEATED)** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Vinyasa Yoga (HEATED)** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## Athletic Training

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**BootKAMP** BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**MetCon Monday** Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

## Barre

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre (HEATED)** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Fusion (HEATED)** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## Boxing and Kickboxing

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## Stretch and Recovery

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.